

# MENTAL HEALTH AND WELLBEING

At Ashcombe, we strive to actively promote positive emotional health and well being throughout the school. Within our school ethos we promote a safe and open culture where children can talk about their feelings and experiences and learn in a fail safe environment. Our talk buddy system works successfully and staff are quick to pick up on children who may need additional emotional support.

We understand that at times pupils and their parents/carers may experience issues affecting their emotional health such as anxiety, stress, depression, bereavement and loss, eating disorders and self-harm.

All members of our team have had Mental Health training and have access to a wide of support groups which may be of benefit to you and your family.



## OUR TEAM

CHANTELLE THOMPSON  
PASTORAL LEAD &  
DEPUTY DSL



KAREN SELWAY  
LEARNING MENTOR &  
PARENT SUPPORT ADVISOR



LORRAINE FRANCIS  
LEARNING MENTOR &  
PARENT SUPPORT ADVISOR



CHRISTINA YOUNG  
SEMH LEARNING MENTOR &  
INTERVENTION WORKER



For more information or to speak to a learning mentor call the school on:  
01934 620141



## PARENT'S GUIDE TO PASTORAL



## AT ASHCOMBE PRIMARY SCHOOL





## WHO WE ARE AND WHAT WE DO

### What is a Learning Mentor?

A Learning Mentor supports children to remove any barriers they may be experiencing which affects their learning. A

Learning Mentor can also support children's parents and carers with any issues that are affecting the family's home life or in supporting their children.

### What does a Learning Mentor and Pastoral Lead do?

They can provide 1:1 sessions or group sessions of support.

They work with children for different reasons and the help that is offered depends on the need of the child.

They support families with concerns and issues around their child.

## SOME OF THE SUPPORT OFFERED TO CHILDREN INCLUDES:

- Staying safe
- Managing Feelings
- Anger Management
- Anxiety
- Worries
- Attachment
- Emotional Literacy
- Bereavement & Loss
- Bullying
- Behaviour
- Eating disorders
- Self-Esteem
- Confidence
- Self-Harm
- Friendship issues
- Mental Health
- Domestic abuse and the impact on the child

Visit our school website to find lots of links to the support groups available:  
<https://www.ashcombeprimary.com>

Please feel free to come and chat to a member of our team if you have any questions

## SOME OF THE SUPPORT OFFERED TO FAMILIES INCLUDES:

The Learning Mentor is able to refer and signpost to different services for more specialised support if requested.

- Early Help
- School nurse
- Children's behaviour
  - Attendance
- Finance and welfare
  - Parenting
- Alcohol and drug use
  - Domestic abuse
- Anxiety and depression
- Any issues or concerns that are affecting family life

## WHAT IS SAFEGUARDING?

Safeguarding in a primary school means protecting children from harm and ensuring their well-being so they can learn and grow in a safe, supportive environment.

It is the legal and moral responsibility of all staff, not just teachers, and involves proactive measures, as well as a process for identifying and responding to concerns.